



Cymorth i deuluoedd Haf 2025 / Support for Families Summer 2025

Plant yn bwyta am ddim drwy'r haf / Places where kids eat free throughout summer

<https://www.bigissue.com/life/food/all-the-places-where-kids-eat-free-during-the-holidays/>

Cymorth a Chefnogaeth Rhianta / Cardiff Parenting Services https://www.cardiffamilies.co.uk/wp-content/uploads/Cardiff-Parenting-booklet-2022_ENGLISH_reduced2.pdf

Cardiff Family Gateway: 03000 133 133 / · ContactFAS@Cardiff.gov.uk · www.cardiffamilies.co.uk

Gwisg Ysgol Glantaf School Uniform

Cais am Grant Gwisg Ysgol / Pupil Development Grant (School Uniform Grant)

<https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Financial-support/pupil-development-grant/Pages/default.aspx> / 029 2053 7250

Gwisg Ysgol Glantaf School Uniform Recycling -Tudalen Facebook Gwisg Ysgol Glantaf am ddim / Glantaf free, good condition pre-loved school uniform Facebook page.

Gall Bethan Rees hefyd ddarparu gwisg ail law. Cysylltwch â hi ar reesb247@hwbcymru.net / Mrs Bethan Rees can also provide pre-loved school uniform. Please contact her on reesb247@hwbcymru.net.

Diolgelwch ar y we / Resources for Keeping Children Safe Online

- **NSPCC – Keeping Children Safe Online** Cyngor, canllawiau a phynciau trafod i deuluoedd . Offers comprehensive advice, guides, and discussion tips for families. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **GOV.UK – Support for Parents and Carers to Keep Children Safe Online** Canllawiau ymarferol ac adnoddau dibynadwy Provides practical guidance and links to trusted resources, i <https://www.gov.uk/government/publications/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>
- **Barnardo's – Keeping Children Safe Online** Cyngor arbenigol ar sut i drafod diogelwch ar y we gyda'ch plant. Contains expert advice and tips specifically designed to help parents navigate online risks and start important conversations. <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/keeping-children-safe-online>

- **NSPCC – Reporting Online Safety Concerns** - Sut i adrodd pryderon am gynnwys, delweddau neu ddylanwadau ar-lein. Explains what to do if you or your child come across abusive, grooming, or otherwise harmful content online. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/>
- **UK Safer Internet Centre – How to Make a Report Online** Sut i adrodd cynnwys niweidiol ar lein Provides a step-by-step guide for parents and carers on how to report harmful content across major platforms. <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/how-to-make-a-report-online>
- **Report Harmful Content** Cyngor ar sut i adrodd am niwed ar-lein. A portal that guides users through reporting online harm—with child-specific advice available. <https://reportharmfulcontent.com/>
- **NSPCC – Online Reporting (including Report and Remove)** Children (and their trusted adults) can use this page to learn how to report distressing images or videos securely. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/>

Cymorth Iechyd Meddwl / Mental Health Support

1. Ble mae pryderon, dylai'r person ifanc/rhiant drefnu apwyntiad GP i drafod eu hiechyd meddwl. Bydd y GP yn cyfeirio at y Tîm Iechyd Meddwl a Lles Emosiynol (EWMH, sef CAMHS yn flaenorol) ar gyfer asesiad iechyd meddwl os caiff hyn ei ystyried yn briodol ar ôl ymgynghoriad. *Neu efallai byddant yn cael eu cyfeirio at ystod o sefydliadau cefnogaeth neu adnoddau. Where there are concerns, the young person/parent should arrange a GP appointment to discuss their mental health. The GP will refer to the Mental Health and Emotional Wellbeing Team (EWMH, formerly CAMHS) for a mental health assessment if this is deemed appropriate following a consultation. Or they may be directed to a range of support or resource organisations.*
2. Os oes pryder bod person ifanc mewn argyfwng iechyd meddwl ac nad ydynt yn gallu cadw ei hunain yn ddiogel dylid mynd a nhw i A&E am asesiad 'crisis', neu fel arall gall y person ifanc neu eu rhiant/gofalwr ffonio 111 opsiwn 2 (llinell iechyd meddwl) am gyngor iechyd meddwl. *If there is a concern that a young person is in a mental health crisis and they are unable to keep themselves safe they should be taken to A&E for a 'crisis' assessment, or alternatively the young person or their parent/carer can call 111 option 2 (mental health line) for mental health advice.*
3. Os yw'r person ifanc eisoes yn agored i'r tîm EWMH (CAMHS yn flaenorol) ac eisiau diweddariad ar eu triniaeth/ holi am eu lle ar rhestr aros, neu os oes dirywiad yn eu hiechyd meddwl, gallant gysylltu â'r **Single Point of Access (SPOA) ar 029 2183 6730.** */ If the young person is already exposed to the EWMH team (formerly CAMHS) and wants an update on their treatment/enquiry about their place on a waiting list, or if there is a deterioration in their mental health, they can contact the **Single Point of Access (SPOA) on 029 2183 6730.***
4. O ran cymorth iechyd meddwl uniongyrchol i bobl ifanc dros yr haf (a drwy gydol y flwyddyn), mae'r Hangout yn agored bob dydd (3-9pm yn ystod y tymor a 12-6pm ar benwythnosau, ond gall yr oriau hyn newid dros yr haf). Gall bobl ifanc rhwng 11 ac 18 oed ei ddefnyddio fel 'drop-in' neu wneud apwyntiad o flaen llaw. Drwy'r Hangout gallant gael mynediad i gymorth iechyd meddwl 1-1, ymuno â grwpiau lles, neu ei ddefnyddio fel man diogel i reoleiddio a jyst 'bod'. Nid oes rhestr aros, croesewir

pob person ifanc a nid oes angen atgyfeiriad na bod yn agored i unrhyw dîm iechyd meddwl. The Hangout, Cardiff - Platform *In terms of direct mental health support for young people over the summer (and throughout the year), the Hangout is open daily (3-9pm during term time and 12-6pm at weekends, but these hours may change over the summer). Young people aged between 11 and 18 can use it as a drop-in or make an appointment in advance. Through the Hangout they can access 1-1 mental health support, join wellbeing groups, or use it as a safe space to regulate and just 'be'. There is no waiting list, all young people are welcome and there is no need for referral or exposure to any mental health team.* **The Hangout, Cardiff - Platform**